



WHOA NELLY!

FURTADO HITS THE ROAD TO PROMOTE FIRST ENGLISH ALBUM IN SIX YEARS; SAYS NEW SOUND IS 'RAW,' 'ABRASIVE' AND 'IRREVERENT' PAGE 10



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Tuesday, January 8, 2013



Play it again, Alfie

NHL. Senators hero hints another year might be in store

Ottawa Senators captain Daniel Alfredsson feels a shortened NHL season could work in his favour and he might just come back for more next year.

"If I could choose, I would play 48 or 50 games every year," Alfredsson said. "Not just because I'm older, but because I think it would make for better hockey and a better product overall. For me, selfishly, it's not a bad thing."

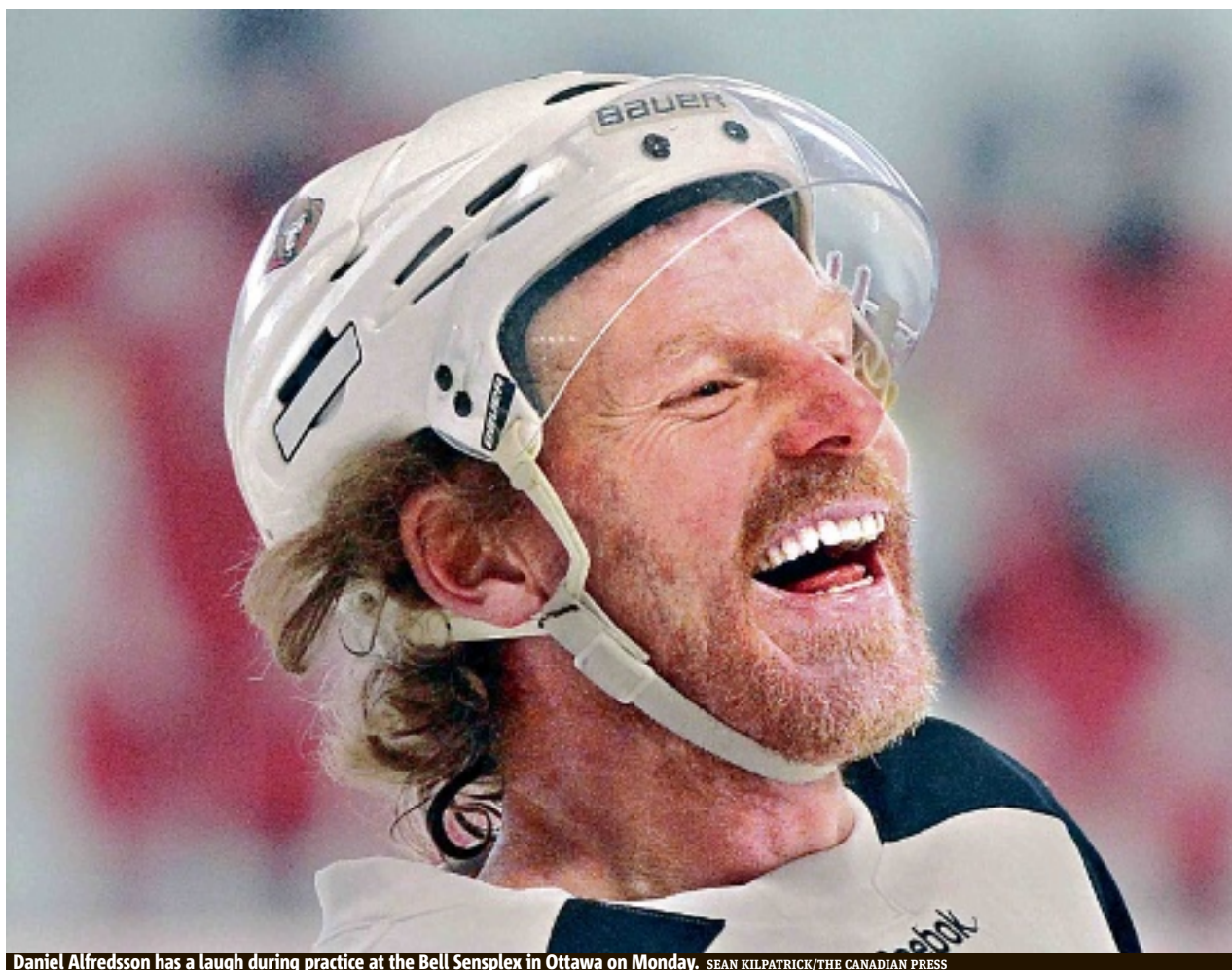
Alfredsson has maintained his conditioning throughout the lockout, and is confident that his groin and hip flexors will be able to handle the intensity of camp.

Prior to this season, Alfredsson had been contemplating retirement, but he's now saying he won't make any decisions on his future until after this season.

He wouldn't rule out another year.

"If everything goes well and I'm having fun out there and I feel like I contribute, then we'll see what happens," he said.

For more on the gear-up for the post-lockout season, see page 17. **THE CANADIAN PRESS**



Daniel Alfredsson has a laugh during practice at the Bell Sensplex in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Making a pipeline point?

U.S. Environmental Protection Agency head resigned ahead of expected decision to rubber-stamp Keystone XL approval PAGE 5

Canada's next BoC governor

Executive search firm looks for someone to fill Mark Carney's gigantic shoes PAGE 8

Doing I do in 2013

Expensive white weddings are passé; add some colour to your dress and cheap out on the whole thing to get in touch with the matrimonial zeitgeist PAGE 9



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Big win for local curling rink hasn't 'sunk in yet'

Next challenge.

20-year-old Ottawa skip excited for her second national junior competition



ALEX
BOUTILIER

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Manotick's Jamie Sinclair and her rink successfully defended their provincial junior title in London, Ont., on Sunday.

The first-place finish at the 2013 Pepsi Junior Ontario Curling Championship means an appearance at the national competition for Sinclair, 20, for the second straight year.

"It hasn't really sunk in yet," said Sinclair on Monday. "To win the provincials last year for the first time was just unbelievable, but, then, now doing it twice in a row is just

— I don't even know."

Sinclair, along with teammates Holly Donaldson, Katelyn Wasyliw and Erin Jenkins, will travel to Fort McMurray, Alta., to compete against the country's best junior curlers in February.

Going into her second nationals, Sinclair said the goals have changed.

"We learned a lot from competing in the nationals last year, so we know what to do and what not to do," Sinclair said of her 2012 fourth-place finish.

"Hopefully, things work out for us a little bit better this year."

Unlike the 2012 nationals, which were held in Napanee, the team won't have a home crowd cheering them on. Sinclair said that while she'll miss the hometown support, she's looking forward to the prospect of hitting the road.

"It's going to be more excit-



Manotick's Jamie Sinclair lines up a shot in the 2013 Pepsi Junior Ontario Curling Championships. Sinclair's rink captured the provincial title for the second straight year, thus securing a berth in nationals in Alberta next month.

CONTRIBUTED

ing, I think, to do the whole travelling and flying together as a team and all of that kind of stuff."

The M&M Meat Shops Canadian Junior Curling Championship will take place in Fort McMurray, Alta., from Jan. 31

to Feb. 10.

Men's and women's teams from across Canada will compete for the national title.

Chief Spence mum on leaked reserve audit



Danny Metatawabin, a spokesman for hunger-striking Attawapiskat Chief Theresa Spence, said Monday that "the truth will eventually come out" after an audit slamming money management on the reserve was leaked.

GRAHAM LANKTREE/METRO

An audit slamming shoddy accounting practices by the band council of the Attawapiskat reserve is part of a smear campaign to discredit hunger striking Chief Theresa Spence, said her supporters Monday.

"You're trying to undermine the process leading up to Friday," said spokesman Danny Metatawabin of the audit from Victoria Island on Monday morning. That's where Spence is in Day 28 of a hunger strike until she meets with Prime Minister Stephen Harper and First Nation leaders at the end of the week.

The meeting will look at conditions in the community and a host of other aboriginal issues.

"I have no comment on the audit right now. You have

to wait until Friday. She's focusing on her hunger strike," Metatawabin said on behalf of Spence.

The Deloitte & Touche audit — released publicly by Indian and Northern Affairs on Monday after being leaked to media outlets — catalogues more than \$109 million in spending over almost seven years, much of it poorly documented, undocumented or questionable.

Spence started her hunger strike to raise awareness about ongoing poverty and poor living conditions in her northern Ontario community.

The hunger strike gathered steam online and in the streets as supporters took up her cause under the Idle No More banner and launched a series

of protests across Canada condemning the treatment of First Nations people.

Study auditors also placed blame on the federal government since poor housing conditions were not flagged by federal authorities, despite inspections by the Canada Mortgage and Housing Corporation. Large sums of money for homes were also improperly diverted by the government to pay interest charges.

"Here's somebody standing up to Harper that can stand strong and fast for what she believes in," said Spence supporter Heather Wahweaye. "He's going to have to discredit her in any way he can to get his point across." GRAHAM LANKTREE/METRO

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Gatineau stabbing. Accused killer makes first court appearance

An 18-year-old Ottawa man charged with second-degree murder in the death of Algonquin College student Sheldon O'Grady made his first appearance in a packed Gatineau courtroom Monday.

Mourad Louati, who turns 19 next Tuesday, remained silent as he stood handcuffed in the prisoner's box. He wore a plaid shirt and black Nike runners. At least 10 of the accused man's friends sat in the courtroom behind the Louati family.

Louati's lawyers opted for a trial by judge and jury and the case has been adjourned to Feb. 5. Before he was escorted away by police, Louati nodded his head and waved to his family sitting in the front row.

Police say O'Grady was

stabbed during a fight that had started outside Club Addiction at 117 Promenade du Portage early Saturday morning. It escalated and O'Grady was stabbed with a "sharp weapon," said police spokesperson Sgt. Jean-Paul Lemay.

O'Grady succumbed to his injuries in hospital at 8 a.m., police said. An autopsy was scheduled for Monday morning.

The weapon has not been found.

O'Grady's shocked friends continue to express their grief on Twitter, sharing their cherished memories of the avid soccer player.

As a tribute, friends tweeted that on Monday they would wear blue, which is said to have been O'Grady's favourite colour. **JOE LOFARO/METRO**

Supreme Court

Lansdowne Park challenge ruling expected

The Supreme Court of Canada will rule on whether or not the Lansdowne Park redevelopment will once again go before the courts on Thursday.

Ottawa's city solicitor, Rick O'Connor, informed councillors in an email Monday that the court will decide whether John Martin's appeal will be heard.

The decision will be posted on the court's website at scc.lexum.org on Thursday morning at 9:45 a.m. O'Connor said he will update council after reviewing the decision. **ALEX BOUTILIER/METRO**

Mental health. Police arrest man after standoff

A call to the police mental-health unit Monday led police to a standoff with a man who barricaded himself in his apartment.

"One male suspect is not giving himself up. We're in negotiations now," said Sgt. Marty Rukavina outside the two-storey apartment complex at 282 Bryon Ave. "We don't believe there is any imminent threat."

Police got a call at 12:30 p.m.

that led them to the apartment, said police spokesman Cst. Marc Soucy.

Sgt. Rukavina could not say whether the man had a weapon, but a tactical team was on site monitoring the situation and carrying out negotiations with the suspect.

Police reported shortly before 7 p.m. that the man was taken into custody "without incident." **GRAHAM LANKTREE/METRO**



Cumberland Coun. Stephen Blais, right, is seen attending an orientation session for newly elected councillors. At left is Coun. David Chernushenko. METRO FILE PHOTO

Coun. Blais suffers heart attack

'On the mend.'
Councillor, 32, rushed
to hospital after
collapsing at gym



ALEX BOUTILIER
alex.boutilier@metronews.ca

Cumberland Coun. Stephen Blais was rushed to hospital this morning after collapsing at a gym from a heart attack.

Blais, 32, was taken to

Montfort Hospital after he collapsed. After being treated at the hospital, Blais was transferred to the University of Ottawa's Heart Institute.

A statement issued on behalf of the family said Blais is "on the mend at the Heart Institute, where he is receiving world-class care."

"His wife, Marta and family would like to express their sincere gratitude to Ottawa firefighters, paramedics and the staff at GoodLife Fitness at Place d'Orléans. The family is also thankful for the care that

Stephen has received at the Montfort and Ottawa Heart Institute," the statement read.

"Stephen and his family would also like to thank all the well-wishers for their support and kind words during this time and (say) that he is looking forward to returning to work as soon as possible."

Blais is a first-time councillor, elected for the Cumberland ward in October 2010 with more than 52 per cent of the vote. Prior to municipal politics, Blais served as a trustee on the Ottawa Catholic

School Board for four years, from 2006 to 2010.

Blais graduated from the University of Ottawa with a bachelor of political science. He has held positions at the Privy Council Office in Ottawa as well as at Queen's Park, where he worked for the Minister of Consumer and Business Services. Blais also held positions at the Ottawa Hospital Foundation and at Carleton University.

Blais and his wife, Marta, and son Stephen Jr. live in Convent Glen.



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EPA head quit over pipeline plan: Report

Plus more.



According to a New York Post report, Lisa Jackson, the former head of the U.S. Environmental Protection Agency, resigned because of the proposed Keystone XL pipeline. KEVIN WOLF/THE ASSOCIATED PRESS FILE

Rumour has it. Jackson has voiced concerns over Keystone pipeline, which President Obama appears set to approve

Quoted

"This isn't a little tiny pipeline. This is a pipeline that cuts our country literally in half."

Lisa Jackson, then head of the EPA at a 2011 appearance at Howard University

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The American environmental movement is abuzz following a New York Post report that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubber-stamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that's been advising the Obama administration on the \$7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oilsands to the U.S. Gulf Coast.

The ultimate decision on Keystone XL's fate rests with the State Department, since it crosses an international border.

Jackson was appointed soon after Obama was elected. Over the past four years, she's pushed through the toughest new air- and water-pollution rules in more than 20 years and has frequently spoken out on climate change.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment of the project "inadequate."

It chastised analysts for failing to address the greenhouse-gas emissions associated with Keystone XL, and urged the State Department to further examine safety and spill-response planning, as well as the impact on Canadian native communities.

THE CANADIAN PRESS

Aurora. Police testify in hearing of suspected movie-theatre gunman

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

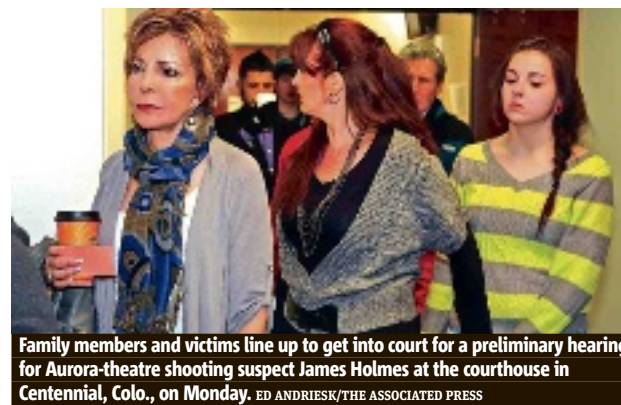
One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his seven-year-old daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

The massacre thrust the problems of gun violence and mental illness into the forefront before they receded in the ensuing months. Now, just weeks after a shooting spree at a Connecticut elementary



Family members and victims line up to get into court for a preliminary hearing for Aurora-theatre shooting suspect James Holmes at the courthouse in Centennial, Colo., on Monday. ED ANDRIESK/THE ASSOCIATED PRESS

school left 20 children and six adults dead, prosecutors are laying out their case with the nation embroiled in a debate over gun violence and mental illness.

Any new details to emerge this week — including Holmes's mental state — will come amid the discussion over an array of proposals, including tougher gun laws, better psychiatric care and the arming of teachers.

Investigators say Holmes was wearing a gas mask and body armour when he tossed two gas canisters and opened

fire in the theatre on July 20.

Officers found Holmes standing next to his car. Officer Jason Oviatt said Holmes seemed "very, very relaxed" and didn't seem to have "normal emotional reactions" to things. "He seemed very detached," he said.

Holmes volunteered that his apartment had been booby trapped, officers said.

Until now, many details of the case have been kept quiet and many court documents have been filed under seal.

THE ASSOCIATED PRESS

Twitter

Don Cherry on aid to Haiti: 'Are we nuts?'

Don Cherry took to Twitter on Monday to air his objections over the millions in aid money that Canada sends to Haiti.

"You know, I am one of those guys, like most people in Canada, we like to help the countries all over the world. But sometimes it makes you wonder," read a couple of the tweets.

"Maybe it's just me. But Canada gave Haiti 49.5 million dollars last year. Are we nuts?"

Cherry asked why Ottawa would send so much cash to Haiti when the health-care system in Canada is stretched to its limits. "We've got a guy dying in Toronto waiting 3 hours for an ambulance," the controversial star tweeted to his nearly 118,000 followers.

The tweets came five days before the third anniversary of a massive quake in Haiti that killed an estimated 300,000 people and left more than 1.5 million homeless. THE CANADIAN PRESS



Media barred from rape-and-murder trial

India. Case expected to be sent to special 'fast-track' court to avoid typical delays

An Indian magistrate ruled Monday that the media will not be allowed to attend pre-trial hearings or the trial of the five men accused of raping and killing a young student in the Indian capital, a police official said.

Magistrate Namrita Agarwal upheld the prosecutor's request, according to police spokesman Rajan Bhagat. Hundreds of journalists, lawyers and curious onlookers had crowded the courtroom where the five were to appear. Outside, more than a dozen TV trucks jammed the streets, and dozens of reporters from around the world were waiting for news.

The defendants later appeared before the magistrate, who scheduled another pre-

trial hearing on Thursday that is expected to result in the case being sent to a "fast-track" court. Since the Dec. 16 attack, New Delhi has set up five such courts to handle sexual-assault cases, which often get bogged down for years. Indian courts are notorious for delays, with millions of cases pending.

The trial is expected to begin in the coming days. Indian rape trials are normally closed to the media.

Authorities have charged the men with murder, rape and other crimes that could bring them the death penalty. A sixth suspect, who is 17 years old, is expected to be tried in a juvenile court.

Prosecutor Rajiv Mohan said last week that a DNA test confirmed that the blood of the victim matched stains found on the clothes of all the accused.

On Sunday, two of the defendants offered to become informants against the others, according to reporters present at the hearing. **THE ASSOCIATED PRESS**



People protest in New Delhi on Monday over the recent gang rape of a young woman on a bus. A magistrate has ruled that media will be barred from pre-trial hearings and the trial of the five men accused in the case. TSERING TOPGYAL/THE ASSOCIATED PRESS

Indonesia. Women face ban on bike straddling

Authorities in Indonesia's Aceh province are pressing ahead with a proposed Islamic law that would ban female passengers from straddling motorbikes despite reported opposition from the central government.

Aceh introduced a version of Shariah law in 2009 after it gained autonomy in a 2005 peace deal to end a long-running separatist war there. The Aceh laws regulate dress and public morality, require shops to close at prayer time and are enforced by a special unit. Punishments can include public caning.

On Monday, authorities distributed a notice stating that women will not be allowed to straddle motorbikes unless it's an "emergency," and will not be allowed to hold onto the driver.

Suaidi Yahya, mayor of the city of Lhokseumawe, said a ban was needed because the "curves of a woman's body" are more visible when straddling a motorbike than when sitting sideways. **THE ASSOCIATED PRESS**



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Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between \$431,800 to \$507,900 plus pension, health and dental benefits.

But the ad does outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as some-

Market Minute

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Dow Jones: 13,384.29 (-50.92)

By the numbers

\$431,800

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between \$431,800 and \$507,900, plus pension, health and dental benefits.

a senior official in the federal finance department.

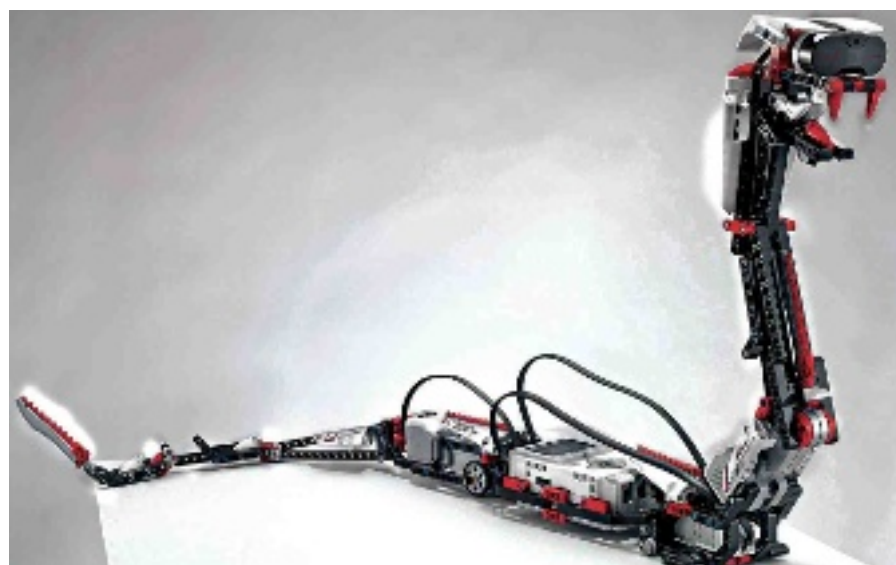
His successor must be capable of running an institution that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndstont.

It also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England.

TORSTAR NEWS SERVICE

thing of an international financial superstar, the job is not for the faint of heart.

Carney's resumé, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs, and a stint as



Sssssweet! This snake can talk to your iPhone

Meet Reptar, a slithering high-tech snake that's one of 17 different robots that can be built with the new Lego Mindstorms EV3 platform, a \$350 US kit that was unveiled Monday at the International Consumer Electronics Show in Las Vegas. The robots will have the ability to talk to iPhones, iPads and iPod Touches through Bluetooth wireless connections. LEGO/THE ASSOCIATED PRESS

Air Canada, WestJet post strong 2012 with record load factor for December

Canada's major airlines enjoyed healthy passenger demand heading into 2013 as they reported record load factors for December, carrying substantially more passengers with modest increases to capacity.

WestJet said its load factor for December hit a record 81.9 per cent while Air Canada hit record load factors for the month and the year.

Montreal-based Air Canada

Get a load of this

- Analysts monitor load factor as a measure of how much total fleet capacity is used by an airline to carry passengers.

said its load factor rose to 82.1 per cent last month while the full-year number was 82.7 per

cent, up 1.1 points in each case.

Air Canada said it had a 3.2 per cent increase in passenger traffic last month over December 2011, with a 6.6 per cent increase to U.S. destinations and a 5.1 per cent increase on transatlantic routes. That was a strong finish to a generally good year for Canada's largest airline, which saw 2012 passenger traffic rise 2.6 per cent over 2011. THE CANADIAN PRESS

SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

The holiday season is over, which means that the wedding-planning season has officially begun. With most couples walking down the aisle during the spring and summer months,

many are starting to make plans for their upcoming nuptials.

From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again.

"No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman, who has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie-cutter ceremonies? Skip the tacky convention-centre bridal shows (where good taste goes to die) and consider these five hot wedding trends for 2013.

Guest ye be judged

Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.

You are cordially uninvited: Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

Ditch the white dress: Let's face it: Most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late 20s or older and have been living together for a few years, it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which Sugarman says are becoming increasingly popular.

Churches are so over: From art galleries to high-end furniture stores, many couples are seeking out unique venues to exchange their vows. Also, anyone on Pinterest knows that banquet-hall receptions are out and adorably twee barnyard hoedowns are in.

Make your Big Day a small affair:

The couples on Four Weddings Canada spent an average of \$31,625 on their weddings.

With that kind of money you could buy a brand new Mini Cooper convertible, finance two years of university education or put a down payment on a house. So instead of donning a haute couture blush-pink gown and dancing down the aisle in an airplane hangar, you could just pop some champagne while signing the papers at city hall and save yourself a whole lot of money.

Actually getting hitched is only the beginning: Flash mobs, choreographed dances and skits are just some of the creative ways couples are going above and beyond to entertain their wedding guests, says Sugarman. Because nothing says "I'll love you for eternity" like circus animals and a pyrotechnic display.

Let your gown do the blushing for you.

PASCAL LE SEGRETAIR/GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays



So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

Goldilocks mission

Spacecraft spots billions of Earth-sized planets

This artist rendering released Monday by Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft. **THE ASSOCIATED PRESS**

Not too hot, not too cold

17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

Search for just-right twin

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.

- One team led by Francois Fressin of the Harvard-Smithsonian Center for

Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.

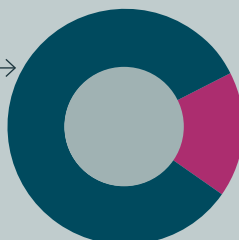
- Using a different method, researchers at the University of California, Berkeley and University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.



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Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?

83%
NO. I ALREADY HAVE SKYPE, FACETIME AND A PHONE PLAN.



17%
YES. I WANT TO INSTANTLY AND LITERALLY CALL PEOPLE ON THEIR BAD STATUS UPDATES.



Twitter

@NicoleValerieK: Living in a winter wonderland #Ottawa

@meganpounder: Really itching to go to school... September cannot come fast enough! #algonquin2013 #ottawa #journalism

@_Danno: There's no place left to put the damn snow #Ottawa #Snowwerdose

@BrentMcElheran: Did my first good deed of 2013 lastnight. Spent two hours shoveling off the Mutchmor outdoor rink #Glebe #Ottawa

@DanielNow: Why does #Ottawa use SO MUCH SALT on its sidewalks? It just stains EVERYTHING. #Ottcity

@mirandamoore: Tunnels it is #ottawa #freezing

It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW
scene@metronews.ca

Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for Werewolves of London, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

How Nelly got her groove back

Spirit Indestructible. Singer dug deep into her past to inspire her on her new album — her first English effort in six years

IAN
GORMELY
scene@metronews.ca

Nelly Furtado's latest album, *Spirit Indestructible*, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process

behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive hits like *I'm Like a Bird* and *Promiscuous*.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the



Nelly Furtado is hitting the road to promote her new album, *Spirit Indestructible*, released in September. GETTY IMAGES

album's dozen tracks, worked on many of the late-'90s R&B and hip-hop tracks Furtado grew up on.

The track *Big Hoops* even name-checks *No Diggity*, a 1996 hit by Blackstreet, an R&B group founded by Jerkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aal-

iyah hanging in the studio hallway.

"I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado. "There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club

vibes of 2006's *Timbaland-assisted Loose* with the folkier leanings of her first two records.

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent. I've been away for a while," she says.

"If I'm going to put something out I want it to be sonically creative."

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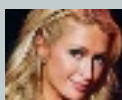
Kutcher's relationship with Kunis has been one international adventure

Ashton Kutcher's jet-setting relationship with Mila Kunis continues. After hitting up Kutcher's hometown of Cedar Rapids, Iowa in late December, the pair reportedly spent the first weekend of the new year living it up in Rio de Janeiro, according to E! News. Kutcher and Kunis were

spotted at the restaurant Mr. Lam in the company of Brazilian TV host Luciano Huck and other pals. Since the former That 70s Show co-stars started dating last year, they've spent more time on the road than at home in L.A., it appears, with lengthy residences in New York City and Rome.



Twitter



@ParisHilton

Spent the entire day going through all my closets again. My entire dining room is full of racks of clothes & boxes of handbags etc to donate



@Sethrogen

Abu Nazir's FaceTime works way better than my FaceTime ever has



@TomArnold

The more screwed up the person the more inspirational their tweets.



@kirstiealley

What would a spider eat if he lives in an empty cabinet under the sink? I'd like to give him a little help..what human food?



Claire Danes. ALL IMAGES GETTY

Stay-at-home parenting not for Claire Danes

Though her first child is not even a month old, Homeland star Claire Danes is already making it clear she doesn't plan to be a stay-at-home mom. "I've always wanted to have kids, but I'm glad I didn't until now. When I was thinking about (working and being a mother) originally, I was really nervous about it," Danes tells Elle magazine. "I think I would make a lousy stay-at-home mom. It just wouldn't suit me. I feel so fortunate in that I've had this arrow-straight focus that I wanted to act." Danes and husband Hugh Dancy welcomed son Cyrus on Dec. 17.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye and Kim say no to sale of first baby pics, who said yes?



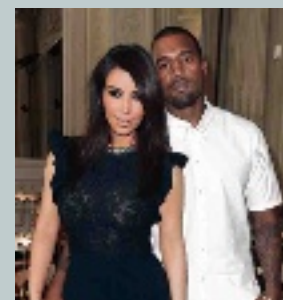
THE WORD

Dorothy Robinson
scene@metronews.ca

Upon the news that Kim Kardashian and Kanye West have already turned down a \$3 million paycheck for the pictures of their unborn child from an overseas tabloid, The Word thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Little West.

Selling out (or not) to the highest bidder.

• Brad Pitt and Angelina Jolie are No. 1 in raking in



cash from their offspring. In 2006, they got \$4.1 million for pictures of their first biological daughter, Shiloh, and a whopping \$14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

• J.Lo & Marc Anthony pocketed a reported \$6 million from People magazine for the rights to publish pictures of their twins, Emme Maribel

Muñoz and Maximilian "Max" David Muñoz, in 2008.

• Christina Aguilera received a reported \$1.5 million for her baby photos of son Max from People magazine in 2008.

• Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

• And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahahaha!). Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.



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Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS



Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

5 ways to cut weight

Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.



Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat. Put another way, the more time you are awake, the more opportunity you have to consume calories.



Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight' — you're just setting yourself up for failure. That weight is going to come back," Sharma says.

Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.



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Rethink meat...



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rosereisman.com

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls. If using store-bought pesto, remember it is higher in fat and calories than my home-made version; use a smaller amount or thin it out with a bit of water.

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil.

2. Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 30 minutes or until tender. Remove and allow to cool.



This recipe serves eight. PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

3. For the pesto, place all basil leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

4. Combine 2 tbsp pesto and sour cream in a small bowl.

5. Cut roasted vegetables into pieces that fit the shape of the

bread. Place in a bowl and toss with the oil, vinegar and garlic.

6. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1/2 large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 tbsp basil pesto sauce
- 2 tbsp low-fat sour cream
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp minced fresh garlic
- 4 large rolls (each 3 1/2 oz), split
- 2 oz brie cheese, thinly sliced
- Basil Pesto Sauce (Makes 3/4 cup)**
- 1 cup fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp chicken stock or water
- 2 tbsp olive oil

Health Solutions

High water content



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Drinking eight glasses a day is a bit of a myth, given that foods you eat provide lots of water as well. Increasing the high water choices helps beat dehydration with the added bonus of filling you up. Choose wisely from these high water foods.

- Watermelon
- Oranges/lemons
- Kiwi
- Berries
- Apples/pears
- Yogurt
- Leafy Greens: iceberg, romaine, kale, spinach, collards
- Tomatoes
- Cucumbers
- Celery
- Cabbage
- Broccoli
- Low sodium broth soups

Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



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This week: Let Us Make 2013 Your Best Oral Health Year Ever!



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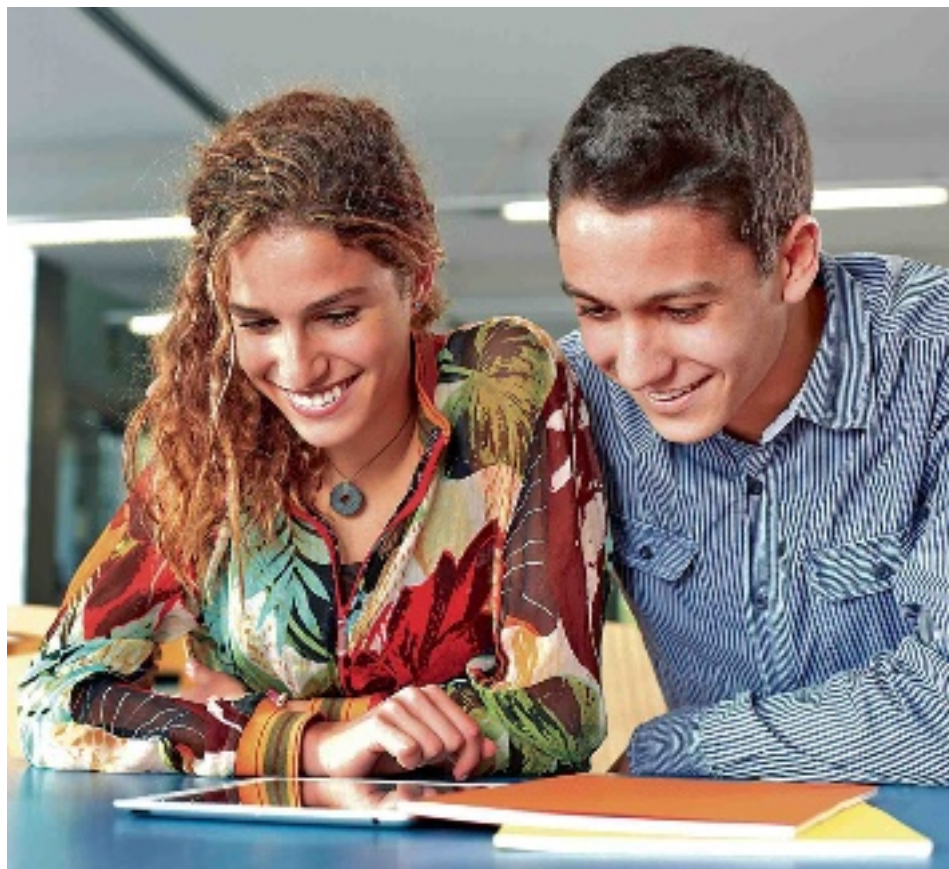
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NEW GOALS FOR NEW YEAR

STRIVE FOR ATTAINABLE ACCOMPLISHMENTS

The start of the winter semester is a great time to make academic new year's resolutions, but how can you ensure your grades rise and your stress levels fall?

Miriam Unruh, director of the Academic Learning Centre at the University of Manitoba, says start by making goals that are realistic, specific and testable. For example, lifting a GPA by 0.3 might be doable, but a full point might not.

"Increasing a GPA is a longer-term goal and requires that a student first determine if the goal is attainable," she says.

Create short-term goals to step up toward the bigger one. "Short-term goals might include increasing the number of hours spent studying a week, increasing the number and variety of problem questions done daily, reviewing chapter questions weekly, re-viewing class notes after each class, or even going to class. Specific goals like these can be integrated into a daily and weekly to-do list, and can be checked off as they are done," Unruh says.

Try to create a more even course load so you are studying from the start, instead of playing catch-up at the end of the year. "Also, students often assume that reading and rereading and/or re-copying notes is enough, but this

isn't true. In order to remember information, it is important to review the notes 'actively' by asking questions, summarizing major sections, and understanding how the various components of a process fit together," she says.

This helps you learn how the details create the big picture.

Brian Hotson, director of the Writing Centre at Saint Mary's University in Halifax, says the most common problem he sees is poor time management. "(Students) feel things like GPA are important, but the best way to improve it is to be able to effectively manage their time."

Visit the student centre and connect with a study coach who can show you how to raise your skills. An adviser can help you plan out the semester so you can pace yourself and avoid cramming.

Hotson urges students to take advantage of office hours and meet their instructors. "The best thing a student can do is to bring a paper that has already been marked and say, 'Here's what I've done. Can you help me see where I've improved?'"

Do this at the start of term so you are pro-actively improving this term's grades, rather than trying to fix a mess at the end of term.

— Jon Tattrie

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French Language Education is much more than French immersion. It encompasses nearly 500 public and Catholic elementary schools and high schools in Ontario, along with 11 post-secondary institutions — all offering programs and services in French. Full-time junior and senior kindergarten programs are available for children aged four and older; and, in some cases, as young as three. Through FLE, children can begin learning French at an age when they are best able to retain it.

FLE makes your child's transition into French-language studies smooth — even if he or she has no previous exposure to French. The programme d'appui aux nouveaux arrivants (PANA), a program for newcomers, ensures them a warm



FRENCH LANGUAGE EDUCATION PHOTO

welcome. Another program helps them bring their French-language skills up to par — and, of course, their teachers do, too. The curriculum is supported by a cultural activity program, which immerses students in French culture both inside and outside the classroom.

Students enrolled in FLE benefit from a top-quality education in both French and English. Academic standards are high, but the kids thrive, thanks to small class sizes that allow for a great deal of personal attention for each student. The result? Excellence. To list just one

example: 82 per cent of FLE sixth graders perform at or above Ontario's provincial standard in mathematics.

These well-educated students grow up to be highly employable adults. Capable of reading, writing, and holding a full conversation in either official language, their employment prospects span not only English and bilingual work environments, but entirely French-speaking ones, too. In 2006, Francophones in Ontario earned close to \$3,500 more than the total population, when median employment income was considered.

The news gets even better. A recent study, released by Le Regroupement des gens d'affaires de la Capitale nationale (RGA) and The Conference Board of Canada, reveals that Canadian Francophones generally enjoy an unemployment rate below the rate of the province in which they live. And their average salary is higher. Wherever francophone speakers are found in this country, they contribute to its economic prosperity: Almost 20 per cent of Canada's GDP, and 22 per cent of its employment, can be traced to the Francophone economic presence.

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NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM

New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.

RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!

Psychologists from University of Scotland found that success at New Year's resolutions drops over time...



... but people who want self-change but made no resolutions fared over 10 times worse.



HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS...

as told by John Norcross, psychologist and author of new book *Changeology: 5 Steps to Realizing Your Goals and Resolutions*



START BEFORE YOU REALLY START

It's better to ease your way into a resolution, so start practicing before your official start date.



MAKE A PUBLIC COMMITMENT, AND BEWARE OF YOUR WILLPOWER

Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.



CREATE THE RIGHT ENVIRONMENT

Make small adjustments in your living environment — for example, remove temptations from your house or put Post-it notes as helpful reminders.



THINK HAPPY THOUGHTS

If you feel guilty about a bad habit, you won't change, as guilt will turn into self-blame, and then into more wishing than action.



REWARD YOURSELF

If you're trying a diet, reward yourself with a treat after a milestone date.

APPY NEW YEAR! TOP 5 DESKTOP & SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS



THIS YEAR I WILL
This website automatically generates resolutions for you if you are out of inspiration.



STARTAREOLUTION.COM
Call it "resolution networking." Enter your resolution in the site and the person who joined ahead of you will be your coach.



WEIGHTBOT
Here you can set your weight goal, record your weight, a new year goal, and see your progress on a nifty iPhone graph.



CUTTER
This clever motivation iPhone app shows how far you've gone and how much money you've saved.



DRINKTRACKER
This app keeps track of your drinking habit using your iPhone and tells you when you've drunk enough.

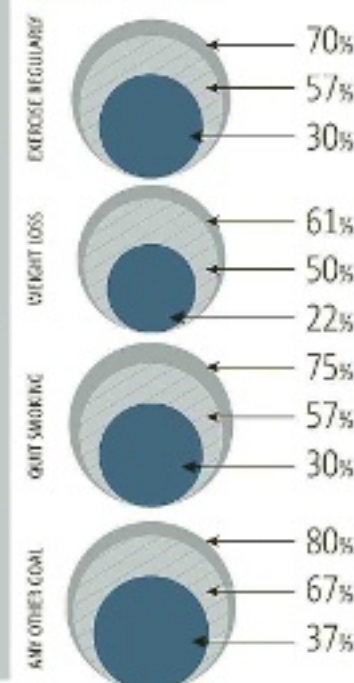
LOSE WEIGHT OR PAY UP! SUCCESS RATES OF "CONTRACT WEBSITES"

StrickZ.com, a website created by Yale University economists, fines users \$20 a week who sign a 24-week resolution contract but don't live up to it. And the stats show that money talks.

WITH FINES

WITH A "REFEREE" (MONITORS YOUR PROGRESS)

NO FINES, NO REFEREE



New year's resolutions worth thousands



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Exhale a sigh of temporary fiscal relief — the holidays are finally over!

Now it's time to deal with the financial aftermath of such a joyous, fun-filled and financially catastrophic holiday season.

If you're feeling maxed out and are dreading the delivery of your January credit card and bank account statements, you'll benefit from a New Year's Resolution which will save you thousands: a 2013 frugality diet.

Before you sell your worldly possessions to pay off your Best Buy loan, go

Zen for just a moment. Take 10 deep breaths and know that you have the ability to reduce your monetary stress and grow your financial security.

Join the ranks of thousands of North Americans that report feeling financially optimistic about 2013.

Start by determining your bottom line. Once you know where you stand, you can create a plan to grow your net worth.

Download your favourite net worth tracking tool

to determine what you own and owe. ALL major banks have free online calculators, but if you want to build your own, simply total up your assets (own) and subtract your liabilities (owe).

Focus on the highest impact savings opportunities. If you've got two cars and could get by with one, sell the other.

Rent out unoccupied space in your house. Start eating at home rather than buying food from restaurants.

Become a smarter shopper using coupons, cutting back and buying items on sale. Sell household or personal items you could live without, like an extra television.

Face your debts head-on. On a spreadsheet, list who you owe money to, the interest rate and balance.

Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt.

Remember, you'll have

extra money from your previous debt's regular payment. DO NOT rack up additional debt while paying off the existing.

Retirement approaches fast and growing funds for the future is critical.

Take advantage of employer sponsored retirement savings programs like pensions and RRSPs.

Live lean in 2013.

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@LesleyScorgie



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International space station

Astronaut's tweet angers fans outside Leafs nation

Orbiting Canadian astronaut Chris Hadfield may have lost a few fans after tweeting a picture of himself holding a Toronto Maple Leafs plaque.

Commenting on the end of the NHL lockout, Hadfield tweeted from the International Space Station on Sunday he was ready to cheer for the Leafs.

Professing his support for Toronto did not sit well with a number of hockey fans.

Former Montreal La Presse sports reporter Jean-Francois Begin jokingly warned Hadfield to be careful next time he flies over Montreal.

Hadfield is on a five-month visit to the space station and will become the first Canadian to take command of the giant orbiting laboratory in March.

Former Canadian astronaut Marc Garneau also got into the act. The Liberal MP tweeted Hadfield, declaring: "Go Habs Go!"

Mike Lake, an Alberta Tory MP and Edmonton Oilers fan, reminded the 53-year-old astronaut that man reaching the moon (1969) is more recent than the Leafs last winning the Cup (1967).

THE CANADIAN PRESS



Astronaut Chris Hadfield in Kazakhstan in December.

THE CANADIAN PRESS

Senators coach expects fewer than 30 at camp

NHL. Teams will likely have just one week of camp to prepare for the season

Despite a 113-day lockout, Paul MacLean believes every one of his players should arrive in camp ready to play.

The Ottawa Senators coach is eagerly awaiting the official announcement for training camp to open, but says he and his coaching staff have been working on plans for months.

"We've been patiently waiting like everyone else," MacLean said. "We were ready to go September 15th for training camp and we're ready to go now. We're just looking forward to getting going."

It's anticipated teams will have a one-week camp to prepare for the season. With such a tight time frame, MacLean says he expects to have less than 30 players in camp.

The Senators biggest question mark appears to be on the blue-line. MacLean has just four veterans at his disposal — Chris Phillips, Sergei Gonchar, Erik Karlsson and Marc Methot, who will be making his Ottawa debut after being acquired from the Columbus Blue Jackets in exchange for Nick Foligno.

The Senators will be forced to play without Jared Cowen, who suffered a season-ending injury while playing with the American Hockey League's Binghamton Senators. In addition the Senators are missing Mike Lundin who fractured a finger while playing in Sweden. There is no current timetable for his return.

The absences will create opportunity for a number of young players currently in Binghamton.

"There is a bit of a concern



Boston Bruin Chris Kelly, left, stretches with Ottawa Senators Chris Phillips, middle, and captain Daniel Alfredsson during a practice at the Bell Sensplex in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Quoted



"These guys are all professionals and I think the expectation that we have with our group is that they're going to be ready to go."

Ottawa Senators coach Paul MacLean

there (on defence)," MacLean said. "The comforting thing is the team playing in Binghamton has a lot of players there playing well and having strong seasons right now and that depth is going to be important as we move forward."

MacLean knows he will be dealing with players at different conditioning levels considering some were playing overseas during the lockout while others opted to stay closer to home, but he feels ultimately

there shouldn't be much difference.

"I think the important thing is to get up and get running," MacLean said. "It's going to be really important to have a good balance and be able to use everybody is what our focus is going to be."

With little to no room for error MacLean says he won't hesitate to overhaul his lineup to change the dynamic, and that includes his goaltender.

Craig Anderson will start

the season as the team's No. 1 goaltender, but should he falter Ben Bishop, who is likely to be given the back-up role seeing as he has a guaranteed NHL contract, will be given an opportunity. The Senators also have the luxury of calling up Robin Lehner, who has been having a great season in Binghamton.

"The best guy is going to play no matter who that is," MacLean said. "The best players are going to play."

MacLean is aware of fan apathy, but he's hopeful that a solid product on the ice will help draw some people back.

"We're really looking forward to showing our loyal fans here in Ottawa what an appreciation we have for them by coming out of the gate and really playing," he said.

THE CANADIAN PRESS

NHL season likely to be 48 games



Sidney Crosby skates with his Penguins teammates on Monday in Pittsburgh. The NHL deputy commissioner says a 48-game season is most likely after the league ended its 113-day lockout early Sunday morning. GENE PUSKAR/THE ASSOCIATED PRESS

The timeline for the start of a shortened NHL season remained up in the air one day after the league and NHL Players' Association shook hands on a tentative deal to end the lockout.

Deputy commissioner Bill Daly told The Canadian Press on Monday morning that hope for a 50-game schedule had faded as the sides continued to finalize the memorandum of understanding their constituents will vote on later this week.

As a result, the league is expected to return with a 48-game season starting Jan. 19.

"It depends on ratification

timeline for PA, but it's looking more and more like 48 games is going to be the only option," Daly said in an email.

The NHL's Board of Governors is scheduled to meet in New York on Wednesday to hold a ratification vote. A schedule had yet to be made formal for players to cast ballots, but it's believed the NHLPA wants to give them time to review the document — meaning they likely won't be able to wrap up a vote before Saturday.

Both sides need to get majority support to adopt the tentative deal they reached early Sunday morning.

THE CANADIAN PRESS

Balancing act

The NHL played 48 games following the 1994-95 lockout with a balanced intra-conference schedule for what was then a 26-team league.

- It's going to be a little more complicated this time. The NHL plans to have teams play three games against the 10 opponents within the same conference but outside their division. They will then have an unbalanced schedule against division rivals, with five games against two teams and four against the two others, according to a source.

Knee concerns swirl around RG3

NFL. Next season in doubt as Washington's rookie QB prepares for more tests on ACL

It doesn't sound good for Robert Griffin III.

An injury that sidelines RG3 well into next season is a very real possibility — or at least it seemed that way Monday after coach Mike Shanahan described the results of tests on the rookie's right knee.

Shanahan said the results are prompting the team to send Griffin to Florida on Tuesday to see renowned orthopedist James Andrews for more examinations, essentially a second opinion that will decide the team's fate for the 2013 season.

"There is a concern," Shanahan said. "That's why he's going to see him."

Griffin tore his ACL while playing for Baylor in 2009, and Shanahan said that old injury caused Griffin's latest MRI to prove inconclusive and pro-



Robert Griffin III's knee begins to buckle during Sunday's loss to the Seattle Seahawks. GETTY IMAGES

duce "differences of opinion" in those who have looked at it.

"They want to take another look and have a physical exam with him," Shanahan said, "to make sure they're not looking at old injuries."

A torn ACL typically requires a rehabilitation period of nine to 12 months, although some players don't return to full health until their second season after the

injury. On the other hand, one of the season's remarkable stories was Adrian Peterson, who returned about eight months after tearing an ACL and nearly broke the NFL's single-season rushing record.

Shanahan referenced Peterson on Monday, pointing out that the Minnesota Vikings running back had the big season without the benefit of an off-season practice program. It could be a possible scenario for Griffin.

Shanahan was grilled about his handling of Griffin. Already playing with a heavy brace in his third game since spraining a lateral collateral ligament, Griffin hurt the knee again when he fell while throwing a pass in the first quarter of Sunday's 24-14 playoff loss to Seattle.

Griffin stayed in the game, but he was far from his usual self, clearly favouring the knee.

Then, in the fourth, with the Redskins trailing by seven, the knee buckled the wrong way when Griffin tried to field a bad shotgun snap.

THE ASSOCIATED PRESS

Playoff pledge

T-Wolves up ante on season-ticket selling tactics

The Minnesota Timberwolves have been saying all season the playoffs are the goal this year. Now they're banking on it.

The Wolves are promising anyone who renews their season ticket or purchases a new one for next season a 10 per cent discount if the team does not make the playoffs this year. The Wolves are currently in ninth place in the Western Conference.

"It's sort of a part pledge, part challenge," Timberwolves chief marketing officer Ted Johnson said.

Making that challenge even greater was bad news on the T-Wolves injury front. Forward Kevin Love met with doctors in the Twin Cities on Monday to evaluate his right hand, which is broken for the second time this season.

There is no timetable for his return, but Minnesota president of basketball operations David Kahn said Love will be out for "a number of weeks."

THE ASSOCIATED PRESS

Soccer. Messi wins record 4th FIFA top-player award

Lionel Messi won the FIFA Ballon d'Or award on Monday as an expected reward for his astonishing 91-goal year for Barcelona and Argentina in 2012.

Aged just 25, Messi has now been voted the world's best player for an unprecedented fourth straight year as the outstanding talent of his generation.

Messi beat his great rival Cristiano Ronaldo of Spanish champion Real Madrid and Barcelona teammate Andres Iniesta, who starred as Spain won the 2012 European Championship.

"To tell the truth, this is really unbelievable to get the fourth award. I am so nervous," a typically low-key Messi said, in Spanish.

Messi's fourth award lifted him above three-time FIFA winners Zinedine Zidane of France and Brazil's Ronaldo.

Messi received 41.60 per cent of the points in votes cast by national-team coaches and captains plus journalists, who gave their top-three lists from an original slate of 23 players.

Ronaldo got 23.68 per cent and Iniesta 10.91 per cent. Ronaldo scored the highest proportion of his points from media,



Lionel Messi poses on Monday in Zurich. THE ASSOCIATED PRESS

More gold for Wambach

American Abby Wambach, who scored five goals at the London Games, was named the best women's player.

- Canada's Christine Sinclair finished fifth after scoring a Canadian-record 23 goals, including six in London.

while Messi scored best with coaches. THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	23	9	.719	—
New York	23	10	.697	1/2
Atlanta	20	12	.625	3
Indiana	20	14	.588	4
Chicago	18	13	.581	4 1/2
Brooklyn	19	15	.559	5
Milwaukee	16	16	.500	7
Boston	16	17	.485	7 1/2
Philadelphia	15	20	.429	9 1/2
Orlando	12	21	.364	11 1/2
Detroit	13	23	.361	12
Toronto	12	22	.353	12
Charlotte	9	24	.273	14 1/2
Cleveland	8	27	.229	16 1/2
Washington	4	28	.125	19

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	26	7	.788	—
L.A. Clippers	27	8	.771	—
San Antonio	27	9	.750	1/2
Memphis	21	10	.677	4
Golden State	22	11	.667	4
Houston	20	14	.588	6 1/2
Denver	20	16	.556	7 1/2
Portland	18	15	.545	8
Minnesota	15	15	.500	9 1/2
Utah	17	18	.486	10
L.A. Lakers	15	18	.455	11
Dallas	13	21	.382	13 1/2
Sacramento	13	21	.382	13 1/2
Phoenix	12	23	.343	15
New Orleans	8	25	.242	18

Monday's results

Oklahoma City at Washington
Boston at New York
Cleveland at Chicago
San Antonio at New Orleans
Dallas at Utah

Orlando at Portland

Memphis at Sacramento

Sunday's results

Oklahoma City 104 Toronto 92
Miami 99 Washington 71
Charlotte 108 Detroit 101 (OT)

Memphis 92 Phoenix 81

Denver 112 L.A. Lakers 105

Tuesday's games — All Times Eastern

Miami at Indiana, 7 p.m.

Brooklyn at Philadelphia, 7 p.m.

Phoenix at Milwaukee, 8 p.m.

Atlanta at Minnesota, 8 p.m.

L.A. Lakers at Houston, 8 p.m.

Wednesday's games

Utah at Charlotte, 7 p.m.

Atlanta at Cleveland, 7 p.m.

Philadelphia at Toronto, 7 p.m.

Phoenix at Boston, 7:30 p.m.

L.A. Lakers at San Antonio, 8 p.m.

Milwaukee at Chicago, 8 p.m.

Minnesota at Oklahoma City, 8 p.m.

Houston at New Orleans, 8 p.m.

Orlando at Denver, 9 p.m.

Dallas at L.A. Clippers, 10:30 p.m.

Memphis at Golden State, 10:30 p.m.

NFL

PLAYOFFS

WILD CARD

Saturday's results

Houston 19 Cincinnati 13

Green Bay 24 Minnesota 10

Sunday's results

Baltimore 24 Indianapolis 9

Seattle 24 Washington 14

DIVISIONAL PLAYOFFS

Saturday's games — All Times Eastern

Baltimore at Denver, 4:30 p.m.

Green Bay at San Francisco, 8 p.m.

Sunday's games

Seattle at Atlanta, 1 p.m.

Houston at New England, 4:30 p.m.

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 20

AFC, TBA

NFC, TBA

SUPER BOWL

Sunday, Feb. 3 — at New Orleans

AFC champion vs. NFC champion, 6 p.m.

NCAA

BCS CHAMPIONSHIP

At Miami Gardens, Fla.

Monday's result

Alabama vs. Notre Dame

GODADDY.COM BOWL

At Mobile, Alabama

Sunday's result

Arkansas State 17 Kent State 13

GOLF

TOURNAMENT OF CHAMPIONS

At Kapalua, Hawaii

Par 73 (36-37)

First Round

Mark Wilson	34-35—69
Nick Watney	36-33—69
Dustin Johnson	36-33—69
Rickie Fowler	35-35—70
Ben Curtis	34-36—70
Carl Pettersson	33-37—70
Bubba Watson	34-36—70
Brandt Snedeker	34-36—70
Keegan Bradley	35-36—71
Ian Poulter	34-37—71
J.J. Henry	35-36—71
Charlie Beljan	36-35—71
Bill Haas	36-35—71
Steve Stricker	34-37—71
Jason Dufner	33-39—72
Webb Simpson	35-37—72
Jonas Blikt	37-35—72
Scott Stallings	35-37—72
Ryan Moore	36-36—72

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Portland	34	20	12	1	1	100	99	42
Worcester	33	18	12	1	2	88	93	39
Providence	32	17	13	0	2	79	88	36
Manchester	35	16	15	2	2	94	92	36
St. John's	36	15	19	1	1	86	105	32

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	33	19	9	2	3	109	79	43
Bridgeport	34	17	14	1	2	106	106	37
Albany	31	13	11	1	6	78	80	33
Connecticut	35	15	17	3	0	95	109	33
Adirondack	33	14	17	1	1	79	96	30

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	34	22	7	2	3	122	91	49
Binghamton	32	21	8	1	2	104	80	45
Hershey	34	16	16	1	1	87	85	34
W-B/Scranton	34	15	16	2	1	83	90	33
Norfolk	33	14	17	2	0	83	100	30

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Toronto	33	21	9	1	2	115	83	45
Abbotsford	34	17	10	3	4	80	74	41
Lake Erie	36	18	15	2	1	111	114	39
Rochester	33	17	13	2	1	111	104	37
Hamilton	34	12	18	1	3	74	109	28

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	33	20	10	1	2	103	88	43
Milwaukee	34	17	13	2	2	92	97	38
Rockford	35	17	16	1	1	106	105	36
Chicago	32	15	12	3	2	86	92	35
Peoria	35	14	17	2	2	81	112	32

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	36	20	11	2	3	109	94	45
Texas	35	19	11	3	2	92	92	43
Houston	35	18	11	3	3	104	97	42
Oklahoma City	35	18	13	1	3	115	108	40
San Antonio	37	15	18	0	4	94	104	34

Sunday's results

Norfolk 1 Charlotte 0

W-B/Scranton 0 Connecticut 2

Springfield 4 Providence 1

Binghamton 2 Albany 5

Grand Rapids 2 Milwaukee 3 (SO)

Peoria 2 San Antonio 5

Worcester 2 Hershey 1

Oklahoma City 3 Chicago 6

Houston 3 Texas 4 (OT)

Tuesday's games — All Times Eastern

Hershey at Bridgeport, 7 p.m.

Worcester at Portland, 7 p.m.

Toronto at Hamilton, 7:30 p.m.

Wednesday's games

Syracuse at Rochester, 7:05 p.m.

Binghamton at W-B/Scranton, 7:05 p.m.

Grand Rapids at Rockford, 8:05 p.m.



Crimson Tide capitalize early vs. Fighting Irish

Michael Williams of the Alabama Crimson Tide celebrates his first-quarter touchdown against the Notre Dame Fighting Irish during the Discover BCS National Championship at Sun Life Stadium on Monday in Miami Gardens, Florida. No. 2 Alabama bashed No. 1 Notre Dame to start the championship game, scoring touchdowns on its first three drives to take a 21-0 lead one play into the second quarter Monday night. Go to metronews.ca for results. KEVIN C. COX/GETTY IMAGES

NFL

Coach Reid lands on feet with Chiefs

Andy Reid was introduced as the new coach of the Kansas City Chiefs on Monday, one week after he was fired following four mostly successful seasons in Philadelphia.

The 54-year-old Reid was joined by Chiefs chairman Clark Hunt, team president



Andy Reid
GETTY IMAGES

Mark Donovan and several other executives at a packed news conference at Arrowhead Stadium.

He takes over for Romeo Crennel, who went 2-14 in his first full season as coach.

Crennel was fired last Monday, the same day that Reid was dis-

missed following his tenure in Philadelphia that included 130 wins, six division titles and an appearance in the Super Bowl.

"I understand the energy that I have and that I bring to this organization," said Reid, who wore a red tie adorned with Chiefs logos. "We'll start from the bottom and we'll start working. I'll bring in a good staff and we'll get down to what's important."

THE ASSOCIATED PRESS



Horoscopes

Aries

March 21 - April 20

You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

Taurus

April 21 - May 21

According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

Gemini

May 22 - June 21

Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

Cancer

June 22 - July 23

You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

Leo

July 24 - Aug. 23

If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

Virgo

Aug. 24 - Sept. 23

You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

Libra

Sept. 24 - Oct. 23

You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

Scorpio

Oct. 24 - Nov. 22

You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

Sagittarius

Nov. 23 - Dec. 21

Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

Capricorn

Dec. 22 - Jan. 20

Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

Aquarius

Jan. 21 - Feb. 19

When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

Pisces

Feb. 20 - March 20

You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. **SALLY BROMPTON**

Crossword: Canada Across & Down

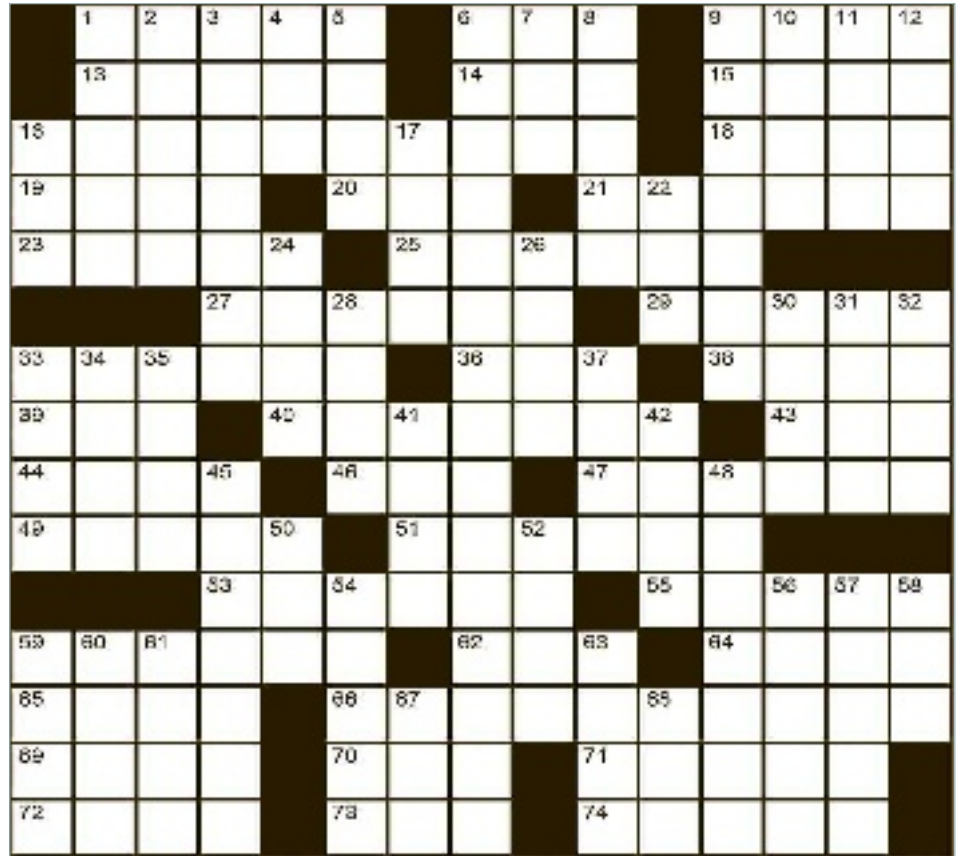
Across

1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't ___"
15. ___ National Park, BC
16. Current exhibit at #9-Down, Terrestrial ___
18. A&W ___ Beer
19. "...take ___ song and make it better."
20. For each
21. "Wild ___" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a ___ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, ___
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing ___

51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. ___'easter
74. Lightly fry

Down

1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix
5. Supremes song starter!
6. ___, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-___
9. Royal ___ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. Mc-



5. Supremes song starter!
6. ___, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
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12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. Mc-

26. Mr. Estrada
28. Teatro ___ Scala; aka La Scala (Milan opera house)
30. Bubbly bar
31. Challenger
32. The ___ Coast
33. Lively tune
34. 'Crit' completer
35. Nair competitor
37. Actress Laura
41. Norwegian king, variably
42. Meaningful
45. Louis ___ handbags

48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley
57. Lewis Carroll character
58. Look
59. ___ mecum (Handbook)
60. ___ 'Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. ___ Z
68. US airport screening org.

Yesterday's Crossword

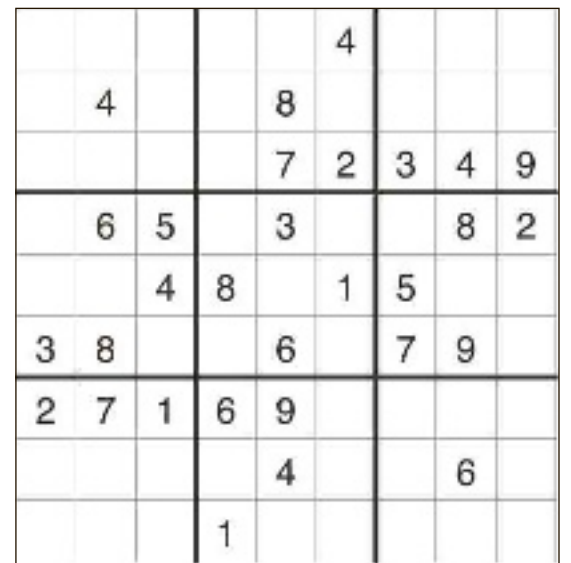
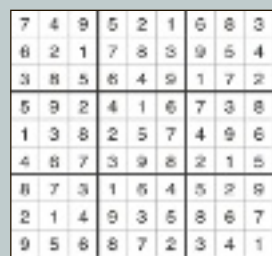


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

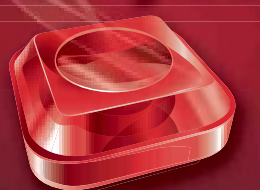


Know what the weather will be 14 days from now. Check the 14 day trend.

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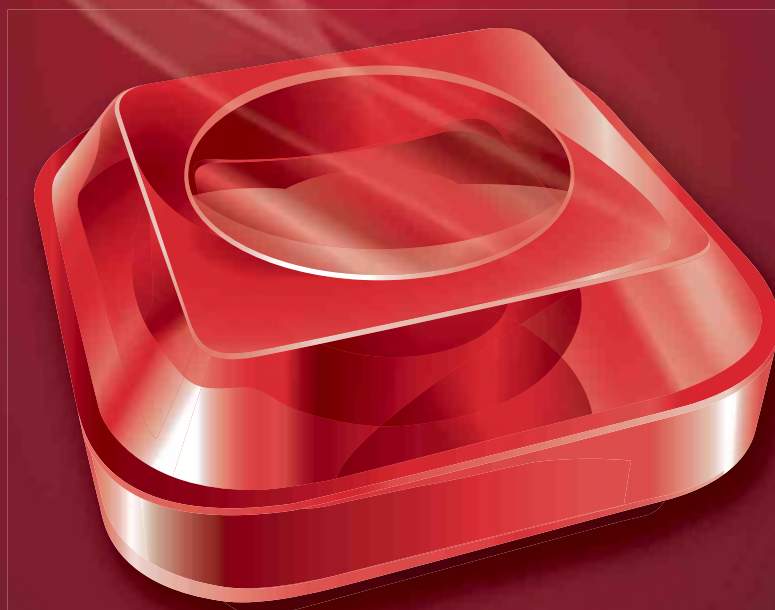


For the temporary relief of cough. Always read and follow the label.

We'll all feel better.



Weather your cold.



For the temporary relief of cough. Always read and follow the label.

We'll all feel better.